

21 Quick Keto Recipes To Enjoy With Your Loved Ones: Deliciously Easy & Healthy



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These 21 easy dinner recipes not only keep blood sugar levels in check but also make family meals something to look forward to.

Each recipe is crafted to satisfy taste buds while ensuring nutritional balance, making them perfect for family dinners. Let's embark on this delightful culinary journey that fits neatly into your diabetes management routine!

These keto recipes will help you lose weight, but to get more noticeable results, you need a comprehensive 30-day meal plan:

[Download your 30 Day Keto Meal Plan to lose weight fast, to be free from the fear and agony of dangerous, life-threatening chronic illnesses.](#)

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Butter-Fried Aubergine & Halloumi Platter	



1

Ingredients:

- 10 oz halloumi (sliced).
- 1 aubergine (halved lengthwise and chopped).
- 3 oz butter.
- 10 olives (pitted and halved).
- 1 tsp paprika.

Instructions:

- Heat half of the butter in a large frying pan. Place the cheese in one half and aubergine in the other.
- Season with paprika and fry 7-8 minutes, turning halloumi after 4 minutes to ensure golden brown on both sides.
- For the last minute, sprinkle in olives and serve.

Nutritional Information:

Total servings

- 2 Per

serving:

Fat: 73g

Carbohydrates: 10g

Protein: 33g

Calories: 831

Perfect Pork & Cheese Sauce



2

Ingredients:

- 4 pork chops.
- 7 oz green beans.
- 5 oz blue cheese.
- 3/4 cup thick cream.
- 2 tbsp butter.

Instructions:

- In a small saucepan, over medium heat, crumble cheese and gently melt.
- Add thick cream and simmer 2-3 minutes.
- Heat 1 tbsp butter in a large frying pan; fry chops until cooked

through and browned.

- Place chops on a plate and cover with foil. Pour pork juices into cheese sauce.
- Add remaining butter to frying pan; fry green beans until tender.

Nutritional Information:

Total servings

- 4 Per

serving:

Fat: 61g

Carbohydrates: 4g

Protein: 55g

Calories: 777

Hot & Wholesome Bacon & Cabbage Salad



3

Ingredients:

- 8 oz brussel sprouts (washed and thinly sliced).
- 6 bacon slices.
- 2 cups red cabbage (thinly sliced).
- 1/4 cup walnuts (chopped).
- 2 garlic cloves (crushed).
- 2 tbsp olive oil.
- 1 tsp mustard (grainy).

Instructions:

- In a large frying pan, fry the bacon until crispy and chop into bite sized pieces; remove from pan.
- Using the same pan, fry garlic for 1 minute and add cabbage and brussels.
- Fry 2-3 minutes until slightly tender. Turn off heat.
- In a bowl, mix together olive oil and mustard; pour mixture into the pan and stir well.
- Add in bacon and walnuts; stir until well combined. Serve warm.

If you like, add some chopped carrots

Nutritional Information:

Total servings

- 6 Per

Fat: 7g

Carbohydrates: 5g

Protein: 8g

Calories: 193

Tangy Tuna Tastebud Tantaliser



4

Ingredients:

- 4 oz tuna (in olive oil, drained).
- 4 eggs.
- 2 oz Iceberg lettuce (chopped).
- 2 oz cherry tomatoes.
- 1/2 cup celery (chopped).
- 1/2 cup mayonnaise.
- 1/2 red onion (diced).
- 1/2 lemon (juiced and zest).
- 2 tbsp olive oil.
- 2 tbsp capers.
- 1 tbsp Dijon mustard.
- 2 tsp white wine vinegar.
- Salt and pepper.

Instructions:

- In a large bowl, mix together tuna, celery. Mayonnaise, onion, lemon juice and zest, olive oil, capers and mustard.
- In a large saucepan, bring water to boil; add a tsp salt and white wine vinegar. Crack in the eggs and allow to simmer for 3-4 minutes.
- Place lettuce and tomatoes on a serving plate, place eggs on top and tuna mix to side.

Nutritional Information:

Total servings

- 2 Per

serving:

Fat: 70g

Carbohydrates: 6g

Protein: 30g

Calories: 767

Chicken & Bacon One-Pot Heaven



5

Ingredients:

- 1 chicken breast (cut into slices).
- 10 oz bacon (chopped).
- 16 oz cabbage (chopped).
- 3 oz butter.
- Salt and pepper.

Instructions:

- Heat half of the butter in a large frying pan and fry chicken until nearly cooked through and slightly browned.
- Add the bacon to the pan and fry until crispy; move all meat to one side of the pan.
- Add remaining butter and fry cabbage until soft.
- Season with salt and pepper.

Nutritional Information:

Total servings

- 2 Per

serving:

Fat: 82g

Carbohydrates: 9g

Protein: 56g

Calories: 1020

Coriander & Chickpea Curry



6

Ingredients:

- 7 oz canned chickpeas (rinsed).
- 1 1/2 cups chopped tomatoes (no added sugar).
- 1 red onion (chopped).
- 1 red pepper (chopped).
- 4 garlic cloves.

- 6 tbsp canola oil.
- 2 tsp coriander (ground).
- 2 tsp ginger (ground).
- 2 tsp garam masala.
- 2 tsp cumin (ground).
- 3/4 tsp salt.
- 1/2 tsp turmeric (ground).

Instructions:

- In a blender, add pepper, garlic and ginger; blend until minced and add the onion, blend until chopped.
- Heat the oil in a large saucepan, add onion mixture and cook until softened. Add turmeric, cumin and coriander and cook for an additional 2-3 minutes.
- Blend the tomatoes until finely chopped, add salt and add to saucepan. Simmer 4-5 minutes.
- Add the chickpeas and garam masala; simmer for 6-7 minutes.

Nutritional Information:

Total servings

- 6 Per

serving:

Fat: 16g

Carbohydrates: 14g

Protein: 6g

Calories: 279

Mediterranean Creamy Garlic Chicken



7

Ingredients:

- 24 oz chicken breast (skinless and sliced).
- 1 cup spinach (fresh, chopped).
- 1 cup thick cream.
- 1/2 cup chicken broth.
- 1/2 cup sun-dried tomatoes.
- 1/2 cup parmesan (grated).
- 2 tbsp olive oil.
- 1 tsp Italian seasoning.
- 1 tsp garlic powder.

Instructions:

- Add olive oil to a large frying pan and fry chicken until completely cooked through and browned. Set chicken aside on a plate.
- Add chicken broth, thick cream, Italian seasoning, garlic powder and parmesan to the pan; whisk gently until sauce

begins to thicken.

- Add spinach and tomatoes to the sauce and simmer until spinach begins to wilt; add chicken back to pan.

Nutritional Information:

Total servings

- 6 Per

serving:

Fat: 26g

Carbohydrates: 7g

Protein: 29g

Calories: 369

Crunchy, Crispy, Cheese Coated Cod



8

Ingredients:

- 4 cod fillets.
- 1 cup parmesan (grated).
- 1 tbsp parsley (fresh, chopped).
- 1 tbsp olive oil.
- 2 tsp paprika.
- 1/4 tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a mixing bowl, add parmesan, paprika. Parsley and salt; mix together until well combined.
- Line a baking tray with greaseproof paper.
- Rub the cod fillets with olive oil on both sides. Press both sides of cod into the parmesan mixture and transfer to baking tray. Sprinkle over any leftover parmesan mixture.
- Bake 15-20 minutes, until browned and fish is easy to flake.

Nutritional Information:

Total servings

- 4 Per

serving:

Fat: 8g

Carbohydrates: 2g

Protein: 11g

Calories: 116

Garlic Shrimp & Zucchini Noodles



9

Ingredients:

- 2 medium sized zucchini.
- 1 lemon (juice and zest).
- 12 oz shrimp (peeled and deveined).
- 4 garlic cloves (crushed).
- 1 tbsp olive oil.
- Sprinkle of chilli flakes.
- Salt and pepper.

Instructions:

- Slice zucchini in half lengthwise; take a fork and rake zucchini to create noodles.
- In a large frying pan, add oil, lemon juice and zest. When pan is warm add shrimp and cook 1 minute each side.
- Add garlic and chilli flakes; cook for an additional 1 minute, stirring continuously.
- Add noodles and toss for 2-3 minutes until lightly cooked and

warmed through.

- Season with salt and pepper before serving.

Nutritional Information:

Total servings

- 2 Per

serving:

Fat: 11g

Carbohydrates: 8g

Protein: 37g

Calories: 277

Perfect Pizza Perfection



10

Ingredients:

- 3 large eggs.
- 5 black olives (pitted and halved).
- 5 pepperoni (slices).

- 1/2 cup tomato puree.
- 1/3 cup cheddar cheese (grated).
- 1 tbsp butter.
- 1 tbsp water.
- 1/2 red onion (diced).
- 1/2 green pepper (diced).
- 1/2 tsp garlic powder.
- 1/2 tsp Italian seasoning.

Instructions:

- Preheat oven at 175 degrees.
- In a large bowl, whisk eggs with water.
- Heat butter in a large frying pan, add egg mixture and cook 2-3 minutes; flip and repeat cooking until all mixture is firm on both sides.
- Remove cooked egg from pan and place on a large oven proof tray.
- Mix tomato puree with garlic and Italian seasoning; spread over cooked egg.
- Sprinkle on cheese, onion, olives, green pepper and top with pepperoni.
- Bake for 7-8 minutes until cheese has completely melted.

Nutritional Information:

Total servings

- 1 Per

serving:

Fat: 25g

Carbohydrates: 10g

Protein: 13g

Calories: 290

Keto Kick- of- Heat Chicken Wraps



11

Ingredients:

- 32 oz chicken breast (skinless, cut into slices).
- 4 celery stalks (diced).
- 2 spring onions (finely diced).
- 1 Iceberg lettuce head.
- 1/2 cup goats cheese (crumbled).
- 1/2 red pepper (diced).
- 1/2 green pepper (diced).
- 2 tbsp butter.
- 2 tsp onion powder.
- 1 tsp chilli flakes.
- 1 tsp garlic powder.

Instructions:

- Heat butter in a large frying pan; add peppers and celery, fry for 5-6 minutes until just tender.
- Add chicken, garlic powder, chilli flakes and onion

powder; stir continuously until chicken is cooked through and slightly browned.

- Remove pan from heat and stir in crumbled cheese and spring onions.
- Take 8 lettuce leaves and fill each with mixture.

Nutritional Information:

Total servings - 8

Per serving: (2 filled leaves).

Fat: 36g

Carbohydrates: 3g

Protein: 48g

Calories: 546

Hearty Steak & Egg Plate



12

Ingredients:

- 4 oz sirloin steak (cut into chunks).
- 3 large eggs.
- 1/4 avocado (sliced).
- 1 tbsp butter
- Salt and pepper.

Instructions:

- Heat 1/2 of butter in a large frying pan; crack in eggs and fry to desired taste.
- Heat remaining butter in an additional pan and fry steak to desired taste.
- Place steak strips and eggs on a serving plate and add avocado to the side.

Nutritional Information:

Total servings

- 1 Per

serving:

Fat: 37g

Carbohydrates: 3g

Protein: 45g

Calories: 512

Hot & Spicy Chicken



13

Ingredients:

- 6 chicken drumsticks.
- 1/2 cup hot sauce.
- 2 tbsp butter.
- 1/2 tsp chilli flakes.
- 1/2 tsp cayenne pepper.
- 1/2 tsp garlic powder.
- 1/2 tsp paprika.
- Salt and pepper.

Instructions:

- Place chicken drumsticks in a large bowl and drizzle a little hot sauce over; sprinkle with salt and pepper..
- Line a grill pan with foil and grill chicken on high heat for 8-10 minutes until they begin to colour.
- In a saucepan, melt the butter and stir in all other ingredients; remove from heat.
- Take drumsticks from grill, turn over and grill for an additional 8-10 minutes.

- When drumsticks are browned and cooked through, place into a large bowl.
- Pour over the spicy butter sauce and coat drumsticks evenly.

Nutritional Information:

Total servings

- 2 Per
serving:

Fat: 47g

Carbohydrates: 1g

Protein: 49g

Calories: 631

Complete Cheesy Chicken Casserole



14

Ingredients:

- 2 cups chicken (cooked and cubed).

- 1 bacon slice (crisped and crumbled).
- 3/4 cup mozzarella (grated).
- 1/2 cup parmesan (grated).
- 1/2 cup marinara sauce.
- 1/2 tsp basil (dried).
- 1/4 tsp chilli flakes.

Instructions:

- Preheat oven at 175 degrees.
- In a large baking dish, place the chicken and pour over marinara sauce.
- Stir in remaining ingredients and bake for 25-30 minutes.

Nutritional Information:

Total servings

- 3 Per

serving:

Fat: 19g

Carbohydrates: 4g

Protein: 38g

Calories: 337

Beefy Mid-Week Chilli



15

Ingredients:

- 18 oz beef (minced).
- 1 1/2 cups canned chopped tomatoes.
- 3 1/2 oz cheddar (grated).
- 2 garlic cloves (crushed).
- 1 onion (diced).
- 1/2 red pepper (diced).
- 1/2 green pepper (diced).
- 2 tsp tomato puree.
- 2 tsp coriander (ground).
- 2 tsp cumin (ground).
- 1 tsp chilli powder.
- Salt and pepper.

Instructions:

- Preheat oven at 180 degrees.
- In a large frying pan, fry onions and garlic until soft. Add beef and cook until browned and cooked through.
- Add all other ingredients (except cheese) and fry 4-5 minutes.

- Pour into a large ovenproof dish and sprinkle with cheese.
- Bake for 20-25 minutes.

Nutritional Information:

Total servings

- 4 Per

serving:

Fat: 41g

Carbohydrates: 8g

Protein: 33g

Calories: 532

Creamy Bacon & Mushroom Chops



16

Ingredients:

- 32 oz pork chops (boneless).
- 8 oz mushrooms (sliced).
- 6 bacon slices (chopped into bite size pieces).
- 2 garlic cloves (crushed).
- 1/2 cup thick cream.
- 2/3 cup chicken broth.

- 1 tbsp olive oil.
- Salt and pepper.

Instructions:

- Heat the oil in a large frying pan, fry the bacon until crispy. Remove from pan but leave bacon fat in.
- Season chops with salt and pepper; fry 4-5 minutes on each side until browned and cooked through. Remove chops from pan.
- Add mushrooms and garlic to the pan, fry for 4-5 minutes until browned and tender.
- Turn up the heat and stir in chicken broth; bring to boil and stir in thick cream, reduce heat.
- Return bacon and chops back to the pan for 4-5 minutes.

Nutritional Information:

Total servings

Creamy Bacon & Mushroom Chops

30

- 4 Per

serving:

Fat: 44g

Carbohydrates: 6g

Protein: 57g

Calories: 655

Parmesan Chicken & Avocado Dip



17

Ingredients:

- 16 oz chicken breast (skinless and cubed).
- 4 bacon slices (cooked).
- 1 large egg.
- 1/2 avocado.
- 1/2 cup parmesan (grated).
- 1/2 cup almond flour.
- 1/3 cup sour cream
- 2 tbsp ranch sauce.
- 1 tbsp Italian seasoning.
- Cooking spray.
- Salt and pepper.

Instructions:

- Preheat oven at 200 degrees.
- In a blender, add cooked bacon, parmesan and almond flour; blend for 1 minute and add to a large bowl.
- Add Italian seasoning, salt and pepper and mix well.
- In a separate bowl, whisk the egg.
- Line a large baking tray with greaseproof paper.
- Dip each chicken cube into the egg mixture first and then into bacon mixture; place on baking tray.
- Spray chicken with cooking spray and bake for 20-25 minutes until thoroughly cooked.
- While chicken is cooking, in a bowl, mash avocado and add ranch sauce and sour cream; mix well.
- Serve chicken on a serving plate with avocado dipping sauce.

Parmesan Chicken & Avocado Dip

32

Nutritional Information:

Total servings

- 5 Per

serving:

Fat: 20g

Carbohydrates: 3g

Protein: 25g

Calories: 225

Fiery Salmon Pouches



18

Ingredients:

- 4 salmon fillets.
- 3 tbsp chilli sauce.
- 2 tbsp red onion (chopped).
- 1 tbsp sesame oil.
- 1 tbsp lime juice (fresh).
- 1 garlic clove (crushed).
- 1 tsp mustard seeds.
- 1 tsp lime zest.
- 1/2 tsp sesame seeds.
- 1/2 tsp mint (fresh).

Instructions:

- Preheat oven at 200 degrees.
- Place each salmon fillet onto a piece of foil (enough to wrap the salmon in).

- Sprinkle with onions.
- Mix together, chilli sauce, sesame oil, lime juice, garlic, sesame seeds and mustard seeds. Spoon sauce over salmon fillets.
- Wrap salmon in the foil and bake for 20-25 minutes until salmon easily flakes.
- Serve with lime zest and mint.

Nutritional Information:

Total servings

Fiery Salmon Pouches

34

- 4 Per

serving:

Fat: 19g

Carbohydrates: 5g

Protein: 30g

Calories: 321

Chicken & Pepper Medley



Ingredients:

- 2 chicken breasts (skinless and halved lengthwise).
- 1 onion (finely diced).
- 1/2 green pepper (sliced).
- 1/2 red pepper (sliced).
- 1/4 cup salsa.
- 1 tbsp lime juice (fresh).
- 4 tsp canola oil.
- 2 tsp Italian seasoning.

Instructions:

- Heat the oil in a large frying pan. Season chicken with Italian seasoning and fry for 5-6 minutes on each side until thoroughly cooked. Set aside.
- Saute peppers and onions until slightly tender; add salsa and lime juice.
- Spoon over chicken and serve.

Nutritional Information:

Total servings

- 2 Per

serving:

Fat: 16g

Carbohydrates: 4g

Protein: 23g

Calories: 241

Super Spicy Stuffed Peppers



20

Ingredients:

- 16 oz minced beef.
- 4 bell peppers (halved and deseeded).
- 1 cup water.
- 1/2 cup mushrooms (chopped).
- 1 tbsp tomato puree.
- 1 tbsp chilli powder.
- 1 tbsp onion powder.
- 1 tbsp cumin (ground).
- 1/4 tsp salt.

Instructions:

- Preheat oven at 200 degrees.
- In a large frying pan, fry the beef until completely cooked through and browned.

- Drain off fat and add the tomato puree, chilli, onion powder, cumin and salt; pour in water and bring to boil.
- Bring to simmer and cook off excess water. Stir in mushrooms, simmer for 2 minutes.
- Carefully push mixture into the hollowed peppers.
- Line a baking tray with greaseproof paper and bake peppers for 15-20 minutes.

Nutritional Information:

Total servings

- 4 Per
serving:

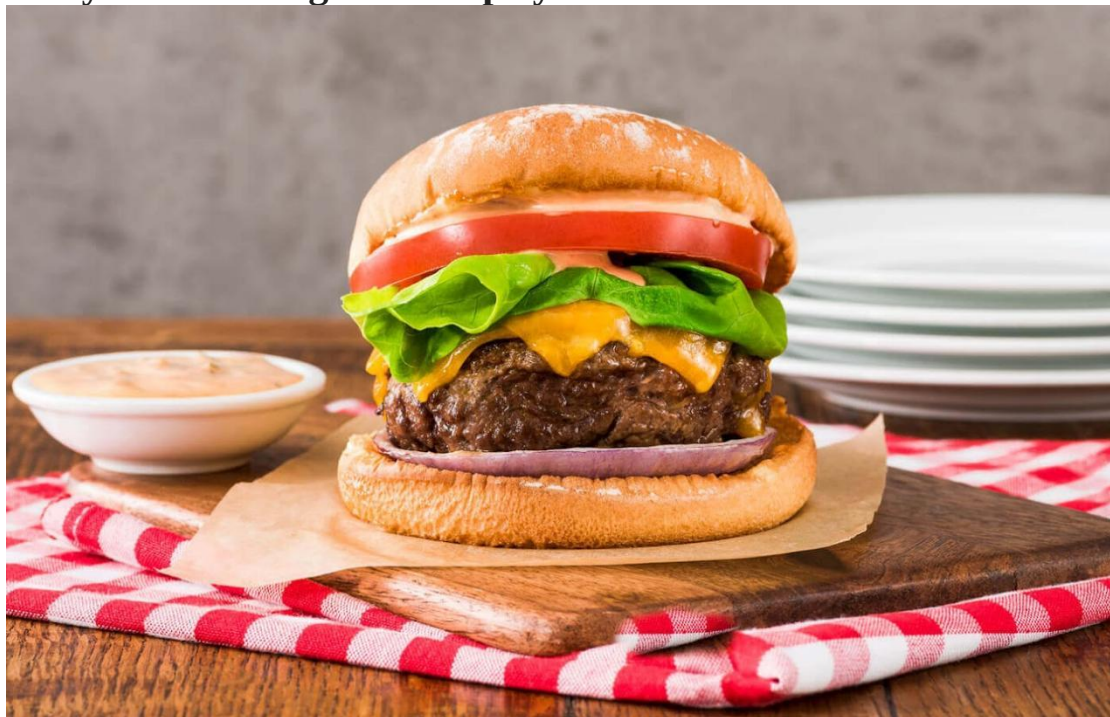
Fat: 29g

Carbohydrates: 5g

Protein: 20g

Calories: 347

Beefy Cheese Burger with Spicy Sauce



Ingredients:

24 oz minced beef.
6 bacon slices.
4 onion slices.
4 cheddar cheese slices.
2 jalapenos (sliced).
1/4 cup mayonnaise.
1 tbsp hot sauce.
1 tsp erythritol (granulated).
1 tsp salt.
1/2 tsp Worcestershire sauce.
1/2 tsp garlic powder.
1/4 tsp black pepper.

Instructions:

Preheat the oven at 200 degrees.

In a bowl, mix together beef, salt, pepper and garlic. Mix, using hands and form four balls; flatten into burgers.

Place the burgers in a large ovenproof dish; add jalapenos, onion and bacon to the same dish and bake 18-20 minutes until cooked through.

In a bowl, mix together mayonnaise, hot sauce, Worcestershire sauce and erythritol until well combined. Place in the fridge.

Take burgers from the oven and place a slice of cheese on each one; place under the grill for 2-3 minutes until the cheese melts.

On a plate, place a burger, 3 slices of bacon, 1 onion slice, a sprinkle of jalapenos and drizzle with spicy sauce

Nutritional Information:

per serving (1 burger, 3 bacon slices, 1 onion slice, jalapenos and spicy sauce)

total servings = 4

Fat: 49g

Carbohydrates: 5g

Protein: 38g

Calories: 615

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